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SEDGWICK COUNTY, KANSAS  
COMMUNICATIONS

# NEWS

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## FOR IMMEDIATE RELEASE

### **Sedgwick County Health Department Celebrates “Walk at Work”: National Employee Health and Fitness Day on May 16**

(Sedgwick County, Kansas) – The Sedgwick County Health Department is celebrating National Employee Health and Fitness Day on Wednesday, May 16, by sponsoring the second annual “Walk at Work” event. The event will begin at noon on the west steps of the Sedgwick County Historic Courthouse, 510 N. Main Street. The Sedgwick County employee “Walk at Work” event will include one-, two- and three-mile walks.

Besides Sedgwick County employees, more than twenty local employers are sponsoring “Walk at Work” events at their worksites on May 16. Businesses interested in receiving free promotional buttons and posters should contact Lauren Scafe at [lscafe@sedgwick.gov](mailto:lscafe@sedgwick.gov) or 660-7398. Businesses not interested in materials but who would still like to do a company walk on the 16th are encouraged to do so.

The Health Department is encouraging all “Walk at Work” participants to record their walk at [www.sedgwickcounty.org](http://www.sedgwickcounty.org). Each person who records his/her walk will help the Health Department measure total County-wide participation. As an incentive, participants who record their walk on the Web site will be eligible for many prizes and gift cards including trial gym memberships.

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“The “Walk at Work” event is an excellent opportunity to *Take Charge of Your Health and change something*. We encourage our employees to ‘take charge of their health’ daily and embrace the Kansas Health Foundation’s ‘change something’ campaign,” said Sedgwick County Commission Chairman Dave Unruh.

The National Employee Health and Fitness Day is a national health observance created to promote the benefits of physical activity for individuals through their worksite health promotion activities. The Sedgwick County Health Department encourages regular physical activity such as walking because it helps people achieve and maintain healthy body weight and reduce the risk of stroke and diabetes.

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